

Oven Omelet⁷⁵

Number of Servings: 75 (208.17 g per serving)

Amount	Measure	Ingredient
60.00	pce	Bread, whole grain
114.00	ea	Egg, whole, raw, lrg
5 1/2	qt	Milk, 1%, w/add vit A & D
3 3/4	lb	Cheese, cheddar, fancy, shredded
7 1/2	cup	Peppers, sweet, bell, green, fresh, chpd
5.00	Tbs	Spice, mustard seed, ground
2.00	tsp	Spice, pepper, black, ground
1 2/3	cup	Spice, onion, dehyd, minced
3 3/4	tsp	Spice, garlic, pwd
2.00	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts			
Serving Size (208g)			
Servings Per Container			
Amount Per Serving			
Calories 250		Calories from Fat 90	
		% Daily Value*	
Total Fat 10g		15%	
Saturated Fat 4g		20%	
Trans Fat 0g			
Cholesterol 290mg		97%	
Sodium 460mg		19%	
Total Carbohydrate 16g		5%	
Dietary Fiber 3g		12%	
Sugars 6g			
Protein 22g			
Vitamin A 15%		Vitamin C 20%	
Calcium 25%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Dice or tear bread into 1/2-1" cubes and place in sprayed baking pan(s) to fit the yield of the recipe. (The egg dish will be about 1" thick or so when it goes into the oven but will rise in height as it bakes, especially the last 15 minutes.) Mix spices and salt and pepper together and then beat them into the eggs along with the milk. Sprinkle the shredded cheese over the bread cubes and then pour the milk-egg-spice mixture over the bread cubes, covering all the bread cubes in the pan with the egg mixture. Cover pan(s) with foil and seal edges. Bake in preheated oven at 350 degrees for about 1 hour, take the foil off the last 10 minutes. Smaller yields make take less time and larger pans will take longer. The egg mixture in the center of the pan will be set when the omelet is cooked. Larger yields may be cooked uncovered more than 10 minutes as they will take longer to finish baking. Cut into pieces to match the yield of the batch prepared. 1 piece = 1 serving = 1 Carb Serving (CS)

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 160 F or higher

Holding :

- Hold for hot service at an internal temperature of 160 F or higher.